



### Saturday Classes in Big Spring Park

*Big Spring Park EAST*

*(near the rock fountain)*

#### First Saturday Fitness classes

|        | 4/5/14  | 5/3/14  | See           | 7/5/14   | 8/2/14  | 9/6/14   | 10/4/14   |
|--------|---|---|---------------|--|---|--|---|
| 8:30a  | <b>Yoga</b><br>24/7 Health Club<br>and Wellness<br>Center<br>Jessica Shultz | <b>Boxing</b><br>24/7 Health Club<br>and Wellness Center          | June<br>Below | <b>Pilates</b><br>24/7 Health Club<br>and Wellness<br>Center | <b>Interval Workout</b><br>YMCA<br>Stacey Condron             | <b>Piyo</b><br>24/7 Health Club<br>and Wellness<br>Center  | <b>Interval Workout</b><br>YMCA<br>Stacey Condron             |
| 10:00a | <b>Piloxing</b><br>Tasha Edwards  | <b>Insanity</b><br>University Fitness<br>Center<br>Robert Jackson |               | <b>TRX</b><br>University<br>Fitness Center<br>Val Oldani     | <b>Pilates</b><br>Ex41 Training<br>Terrie Morring<br>Moultrie | <b>Zumba</b><br>24/7 Health Club<br>and Wellness<br>Center | <b>Pilates</b><br>Ex41 Training<br>Terrie Morring<br>Moultrie |

#### June classes

|        | 6/7/14   | 6/14/14   | 6/21/14   | 6/28/14   |
|--------|--|---|---|---|
| 8:30a  | <b>Yoga</b><br>Yoga w/ Mitzi<br>Mitzi<br>(Rocket City Yoga Week)                             | <b>Boot Camp (9:00am start)</b><br>Heather Murphy Fitness<br>Heather Murphy | <b>Interval Workout</b><br>YMCA<br>Stacey Condron                 | <b>Body Boot Camp</b><br>YMCA<br>Josh Duncan                  |
| 10:00a | <b>Turbokick</b><br>24/7 Health Club and Wellness<br>Center<br>Kristy Tucker & Rainey Powers | <b>Zumba</b><br>University Fitness Center<br>Jen Hopkins                    | <b>Yoga</b><br>The Yoga Center of Huntsville<br>Annette Beresford | <b>Gentle Yoga</b><br>University Fitness Center<br>John Hinds |



\*A person from the city will be there to help with any technical issues.

\*Equipment provided: Sound (wireless mic, speakers, music console, mp3 cord) available.

\*Demonstrators and participants bring any other equipment. Even though an mp3 cord is provided, we recommend you bring your own mp3/iphone cord to ensure compatibility with the sound system.